

## Fast Facts

### Testicular Cancer

- Most common type of cancer in men between 15 to 35
- Occurs in the testicles, which are inside the scrotum
- The testicles are responsible for producing male sex hormones and sperm
- Not clear what causes it to happen, but the majority start in the germ cells (the cells that produce immature sperm)
- Usually only affects one testicle
- Certain factors can increase your chances of getting testicular cancer, such as age, a family history of the condition, being white, and abnormal testicle development (as occurs with Klinefelter syndrome and undescended testicle). It's important to note that even if an undescended testicle is surgically repaired, the individual is still at higher risk of developing it
- It's key to diagnose testicular cancer early to get the best outcomes. This is why if you notice a lump or any symptoms that last longer than two weeks, you should see your doctor

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<ul style="list-style-type: none"> <li>-Lump/enlargement in either testicle</li> <li>-Heaviness feeling in the scrotum</li> <li>-Dull ache in abdomen/groin</li> <li>-Sudden collection of fluid in the scrotum</li> <li>-Pain/discomfort in the testicle/scrotum</li> <li>-Enlargement/tenderness of the breasts</li> <li>-Back pain</li> </ul>	<ul style="list-style-type: none"> <li>-Determine type by removing testicle (seminomas or nonseminomas, which has several subtypes)</li> <li>-Stage the cancer using a scale of 0 to III with the latter indicating that the cancer has spread to other areas of the body</li> <li>-Primary treatment preference for all stages and types is to remove the affected testicle</li> <li>-Removed affected nearby lymph nodes</li> <li>-Radiation therapy</li> <li>-Chemotherapy</li> </ul>	<ul style="list-style-type: none"> <li>-Nothing specific</li> <li>Prevent Complications:                             <ul style="list-style-type: none"> <li>-Eat a healthy diet</li> <li>-Exercise as much as possible with your doctor's approval</li> <li>-Get plenty of rest</li> <li>-Reduce stress</li> <li>-Make good lifestyle choices, such as not smoking</li> <li>-Learn as much as you can about the disease</li> <li>-If you have any concerns about your ability to have children, discuss this with your doctor before starting any treatment plan</li> <li>-Speak to counselor/psychologist</li> <li>-Stay connected with family and friends</li> </ul> </li> </ul>

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